ABSTRACT OF THE DISCLOSURE

An image forming method comprises: fixing an image formed by a toner on a record sheet in a nip member formed by a pressurizing member which is compressibly contacted against a heating fixing rotor having an elastic body layer formed on an endless periphery surface capable of orbitally moving and which creates locally a large distortion occurred in the elastic body layer in vicinity of outlet thereof,

wherein the toner includes at least two metal salts having different valence and has a relationship given by the Formula (1).

Formula (1)

$2.0 \geqq a \geqq 0.1$

$1.0 \geqq b \geqq 0.01$

$7.5 \geqq a/b \geqq 1.1$

wherein a (mass %) is defined as a content of a metal salt which is contained at a highest content in total toner mass and b (mass %) is defined as a content of a metal salt which is contained at a second-highest content in the total toner mass, and mass values of a and b represent anhydride reduced values.